

Amenorrhea
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Definition

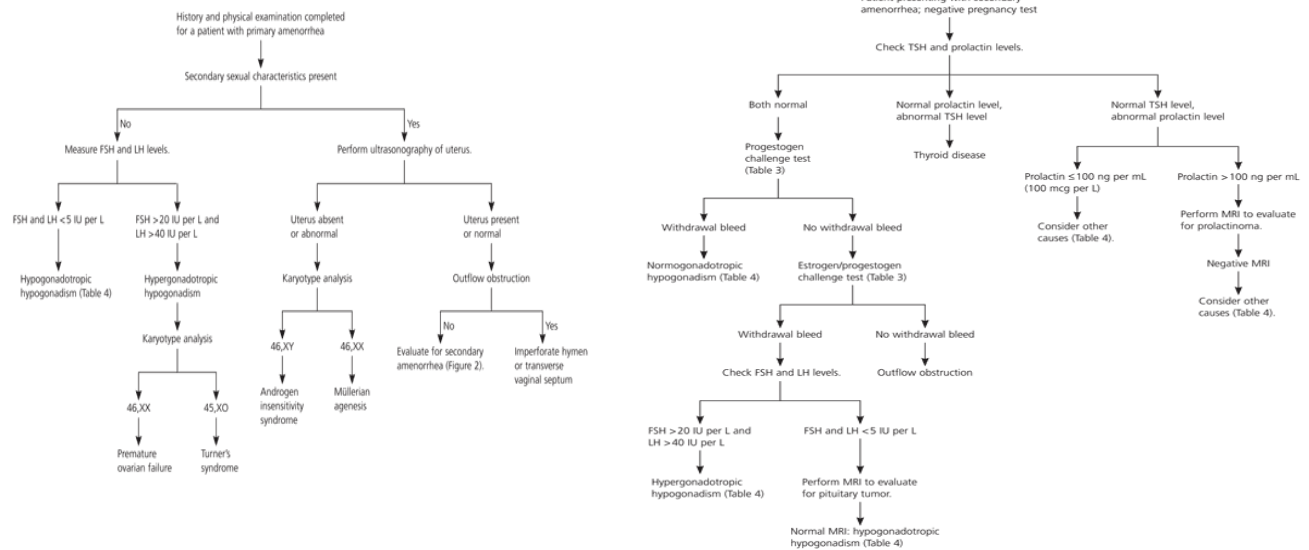
primary amenorrhea: failure of menstruation w/o pubertal development by age 14 yr w/ development by 16 yrs (95% of girls have menses by age 16)

secondary amenorrhea: cessation of menses after menstruation established; amenorrhea for 6 months or 3 typical cycles

Epidemiology/risk factors

PRIMARY: divided into groups of by breast and uterus development

SECONDARY



Physical Exam

Get ht and wt, look for age-appropriate growth spurt, assess body fat; check thyroid, check for galactorrhea, do Tanner staging; if primary amenorrhea, do pelvic exam

Differential Diagnosis

Pregnancy, Hypothyroid, Hypogonadotropic hypogonadism, Hypergonadotropic hypogonadism, hyperprolactinemia, normogonadotropic amenorrhea

Diagnosis

First RULE OUT pregnancy, and forgotten use of implant contraception

Other Testing: start with TSH, prolactin. See tables above.

Treatment and follow-up

Depends on cause of amenorrhea:

If exercise induced: decrease intensity, improve nutrition, consider hormone replacement with OCPs

Depending on estrogen state (euestrogenic, hypo) different OCPs can be used

Systemic illness such as thyroid disease will need to be corrected

Surgical intervention may be necessary if intracranial tumors present or chromosomal abnormality

References

<http://www.aafp.org/afp/2006/0415/p1374.html#afp20060415p1374-f1>

dynamed:

[http://web.ebscohost.com/dynamed/detail?vid=9&sid=0996c6c6-7462-4903-833e-](http://web.ebscohost.com/dynamed/detail?vid=9&sid=0996c6c6-7462-4903-833e-002589727e03%40sessionmgr4&hid=114&bdata=JnNpdGU9ZHluYW11ZC1saXZlJnNjb3BIPXNpdGU%3d#db=dme&AN=116009)

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